

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										



General Certificate of Secondary Education
Specimen Paper

Home Economics: Food and Nutrition

Date: Time

**You will need no other materials.
You may use a calculator.**

Time allowed: 1 hour 30 minutes

Instructions

- Use a blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the questions in the spaces provided.
- If there is not enough space for your answer(s), use the extra page(s) at the end of this book. If you do this, make sure that you show the numbers(s) of the question(s) you are answering.

Information

- The maximum mark for this paper is 100.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in answers written in continuous prose.

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
TOTAL	



Barcode

Answer **all** questions in the spaces provided.

1 (a) What is a vegetarian diet?

.....

(1 mark)

(b) Name and describe **two** different types of vegetarian diets.

Name:

Description:

.....

Name:

Description:

.....

(4 marks)

(c) Give **three** reasons why a person may be a vegetarian.

1.....

.....

2.....

.....

3.....

.....

(3 marks)

(d) A vegetarian diet may be lacking in iron.

Name **one** long term effect of this on a person's health.

.....

(1 mark)



(e) List **two** foods that are rich in iron and suitable for a vegetarian.

1.....

2.....

(2 marks)

(f) Name **three** good sources of plant protein foods.

1.....

2.....

3.....

(3 marks)

(g) Explain, with an example, the complementary action of proteins.

.....

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(2 marks)



2 (a) Give **two** reasons why it is important to include dietary fibre (NSP) in the diet?

1.....

2.....

(2 marks)

(b) List **two** foods which are a good source of dietary fibre.

1.....

2.....

(2 marks)

(c) Name **two** health conditions which may be caused by a low dietary fibre intake.

1.....

2.....

(2 marks)

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3 (a) Give **three** reasons for cooking food.

- 1.....
- 2.....
- 3.....

(3 marks)

(b) Explain the meaning of the following terms:

Conduction

-
-

(2 marks)

Convection

-
-

(2 marks)

Radiation

-
-

(2 marks)



Barcode

Turn over ►

(c) Complete the table to show **one** advantage and **one** disadvantage of different methods of cooking.

Method of cooking	Advantage	Disadvantage
Boiling		
Stir frying		
Microwave		
Grilling		

(8 marks)



4 (a) What is meant by 'energy balance'?

.....
.....

(1 mark)

(b) List **five** factors that affect how much energy someone needs.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

(5 marks)

(c) Explain **two** ways being obese can affect a person's health.

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(4 marks)

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5 (a) Complete the table below.

Name of vitamin	Two functions in the body	One good food source
Vitamin A (Retinol)	1..... 2.....	
Vitamin C (Ascorbic Acid)	1..... 2.....	

(6 marks)

(b) How can the loss of water soluble vitamins be prevented when preparing and cooking vegetables?

.....

(4 marks)

6 (a) List **two** common symptoms of food poisoning.

1.....
 2.....

(2 marks)

10



(b) Name **three** bacteria which may cause food poisoning.

- 1.....
- 2.....
- 3.....

(3 marks)

(c) Describe **three** conditions required for bacteria to multiply.

- 1.....
- 2.....
- 3.....

(3 marks)

(d) Guests at a party were served a buffet consisting of the following:

- Lamb Samosa
- Prawn Sushi
- Ham sandwiches
- Rice salad
- Trifle

The following day many of the guests developed symptoms of food poisoning. Identify the high risk foods that may have caused the food poisoning. Describe the food safety practises that should have been followed during the preparation, cooking and serving of the buffet to prevent food poisoning.

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(8 marks)



- 7 Look at the packed lunch below.
Suggest ways in which it could be improved to meet the dietary guidelines.

- Cheese sandwich on white bread
- Salt and vinegar crisps
- Chocolate bar
- Can of cola

The quality of your written communication will be assessed in your answer to this question.

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(10 marks)

10



8 Five different types of shopping outlets are given below.

- The Internet
- Farmers' markets
- Supermarkets
- Specialist shops
- Corner Shop

Select **three** of the shopping methods listed above and discuss the advantages and disadvantages of each.

The quality of your written communication will be assessed in your answer to this question.

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